

me & My BIG MOUTH

ME & MY BIG MOUTH, PART 4: PANTS ON FIRE

The average person lies four times a day. There's one study done by the University of Massachusetts that says that 60% of people who meets a new person can't have a 10 minute conversation without telling at least one lie. But hey, it's just one little white lie, right? Wrong.

Lying quickly erodes that trust, hurting both parties in the process. Whether it is keeping secrets or telling a little white lie, lying destroys one of the fundamental pillars of a healthy relationship — trust. Lying separates and destroys relationships. It harms our relationships with each other, and it harms our relationships with God. I guess the old preacher was right when he said, "You're never more like the devil than when you're telling lies."

BIG IDEA: Lying erodes trust and breaks relationships.

DISCUSSION QUESTIONS

1. What are some of the first things we lie about as children?
2. What did your parents do if they caught you telling a lie?
3. How did your parents teach you about lying as a kid? What are some of the things they said?
4. How often do you think you lie, as if they're just "little fabrications"?
5. What are the typical reasons you're tempted to lie?
6. *With your Bible or YouVersion, read Ephesians 4:21-25.*

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.
Ephesians 4:21-25 (NLT)

7. Chris said, "Jesus' role is to give truth. Our role is to hear truth and throw off." What things do you need to throw off? Attitudes and thoughts? A former way of living? A sinful nature? Try to go as in-depth as you can. *(It will get uncomfortable!)*
8. Why do you think being "parts of the same body" and not lying go together?
9. *With your Bible or YouVersion, read John 8:31-34, 44.*

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." "But we are descendants of Abraham," they said. "We have never been slaves to anyone. What do you mean, 'You will be set free'?" Jesus replied, "I tell you the truth, everyone who sins is a slave of sin. "The devil was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies." John 8:31-34, 44 (NLT)

10. Who is the author of lies? When we are tempted to lie, to whom are we listening?
11. When we believe a lie, with whom are we agreeing?
12. How does believing Satan's lies lead to telling lies and living a lie? From what does believing the truth set us free?



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13. What are some reasons or excuses we make for not being truthful? How are these just more lies we are believing?
14. Read what God has to say about lying in the following passages.

- Proverbs 6:16-17— Why do you think God mentions lying twice? What makes lying so detestable?
- Proverbs 14:25— Discuss how does dishonesty destroys relationships?
- Proverbs 19:22—Why would it be better to be poor than a liar?
- Proverbs 21:6—Give some examples of gaining treasure through lying.
- Proverbs 26:28—How is lying a violation of love?
- Ephesians 4:22-25— How do we lay aside the habit of lying? What are we to put on?
- Colossians 3:9-10—Why is it unnatural for a believer to lie?

15. *With your Bible or YouVersion, read 1 John 1:9 and James 5:16.*

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
1 John 1:9 (NIV)

Therefore confess your sins to each other and pray for each other so that you may be healed.
James 5:16 (NIV)

16. Chris said that we are to *Confess to God and receive God's forgiveness*. But we are to *Confess to the appropriate people so that we will be healed*. What do you need to confess and bring to God now? Who can you confide and trust in, in this group to start your journey towards healing?

MOVING FORWARD

What do you need to get honest about? Share what you can with your Community Group or with a few people with whom you are close.

WEEKLY READING

This week, take some time to read through the book of Proverbs. There are 31 chapters in the book of Proverbs, so start reading and taking notes about how to truly live with your BIG MOUTH!!

